



**Sahaja Yoga**  
**Self Realization Tour & Virat Puja**  
**2nd to 5th Nov 2023**  
**Pandharpur, Maharashtra, India**

You have to awaken **Vithala**( Krishna) within yourself. How you have to awaken? For that you don't have to do anything. He is present within you. After awakening of Kundalini as lamp is lightened, it lightens within you. In the house where the lamp of God is lightened then how can sorrow and pain come? How can there be poverty and problems? There has to be the world full of joy. This is the reason why I go from village to village. It is my humble request to you all that you must get your this power awakened and become auspicious for whole world. I FOLD MY HANDS TO YOU AND REQUEST YOU !. ( **1984-11-26 Public program, Bombay, India** )



# Invitation To Pandharpur



The Pandharpur Sahaja Yoga Collectivity cordially invites all Sahaja Yogis to participate in this divine work.

W E L C O M E



# JAI SHRI MATAJI

Dear Brothers and Sisters from all over the world,  
By the grace and blessings of our beloved mother **Her Holiness Shree Mataji Nirmala Devi**, Pandharpur, Maharashtra will host **Shri Virat Puja** at Pandharpur on **5th Nov 2023**.

On the Land of Lord Vitthal, we humbly invite all the Sahaja Yogis from all over the world to join us and spread the Divine message of Love through the **Pandharpur Realization Tour from 2nd to 5th Nov 2023** (4 days).

## SEMINAR VENUE:

[Google Map - Click here.](#)

SHANI MAHARAJ MATH  
Bagwan Nagar, Sangola -  
Pandharpur Rd, Visthapit Nagar,  
Pandharpur

## Registration Link

<https://sites.google.com/view/ViratPuja>

We request you to share the details of this Virat Puja Mahotsav with your collectivity and humbly invite all the Sahajayogis to book their travel arrangements in advance to attend and enjoy the collective vibrations

With Nirmal love and respect,  
**Pandharpur Organizing Committee. ( Maharashtra, India )**



**CONTACT US**

### Registration Team

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### Local Transport Team

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### Local Permission Team

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# Self Realization Tour Schedule

Date	Time	Event
1-Nov-23	4:00 PM to 7:00 PM	Arrival & Registration
1-Nov-23	7:00 PM to 8:30 PM	<b>Havan</b>
2 Nov to 4 Nov Thursday Friday Saturday	5:00 AM to 6:00 AM	Morning Meditation
	07:00 AM - 010:0 AM	Realization in Schools
	11:00 AM - 01:00 PM	Realization in Colleges
	03:00 PM - 05:00 PM	Realization in Corporate
	5:00 PM 09:00 PM	Mega Evening PP
5-Nov-23	5:00 AM to 6:00 AM	Morning Meditation
5-Nov-23	9:00 AM to 10:00 AM	Arrival of Shri Mataji
5-Nov-23	10:00 AM to 1:00 PM	<b>Virat Puja</b>
5-Nov-23	1:30 AM to 3:30 PM	Mahaprasad
5-Nov-23	4:00 PM onward	Departure



# Self Realization Tour Schedule

Mega Realization Public Program

**02 Nov** Mega Sahaja Rally



**03 Nov** Deepotsav  
Maha-Aarti

**04 Nov** Collective Pasaydan  
& Bhakti Sangeet

संत ज्ञानेश्वर महाराज लिखित

# पसायदान



**05 Nov** Shree Virat Puja



# Samarpan

SELF REALIZATION TOUR  
02 Nov TO 05 Nov 2023

CATEGORY-AGE	18th & 19th Oct	Contribution (INR)
Bal Shakti (0 - 6)	Free	Free
Bal Shakti (6 - 12)	INR 500 x 4 Days	2000
YuvaShakti (12 -25)	INR 600 x 4 Days	2400
Adults	INR 700 x 4 Days	2800

## A/C DETAILS

A/c no - : 5401567069  
Name - : SHRI. MATAJI SAHAJYOG  
CHARITABLE TRUST  
IFSC code - : CBIN0283145  
A/c type - : Current

**Bank Name & Branch**  
Central Bank of India,  
Pandharpur branch



सेन्ट्रल बैंक ऑफ इंडिया  
Central Bank of India

1911 से आपके लिए 'केन्द्रित' "CENTRAL" TO YOU SINCE 1911

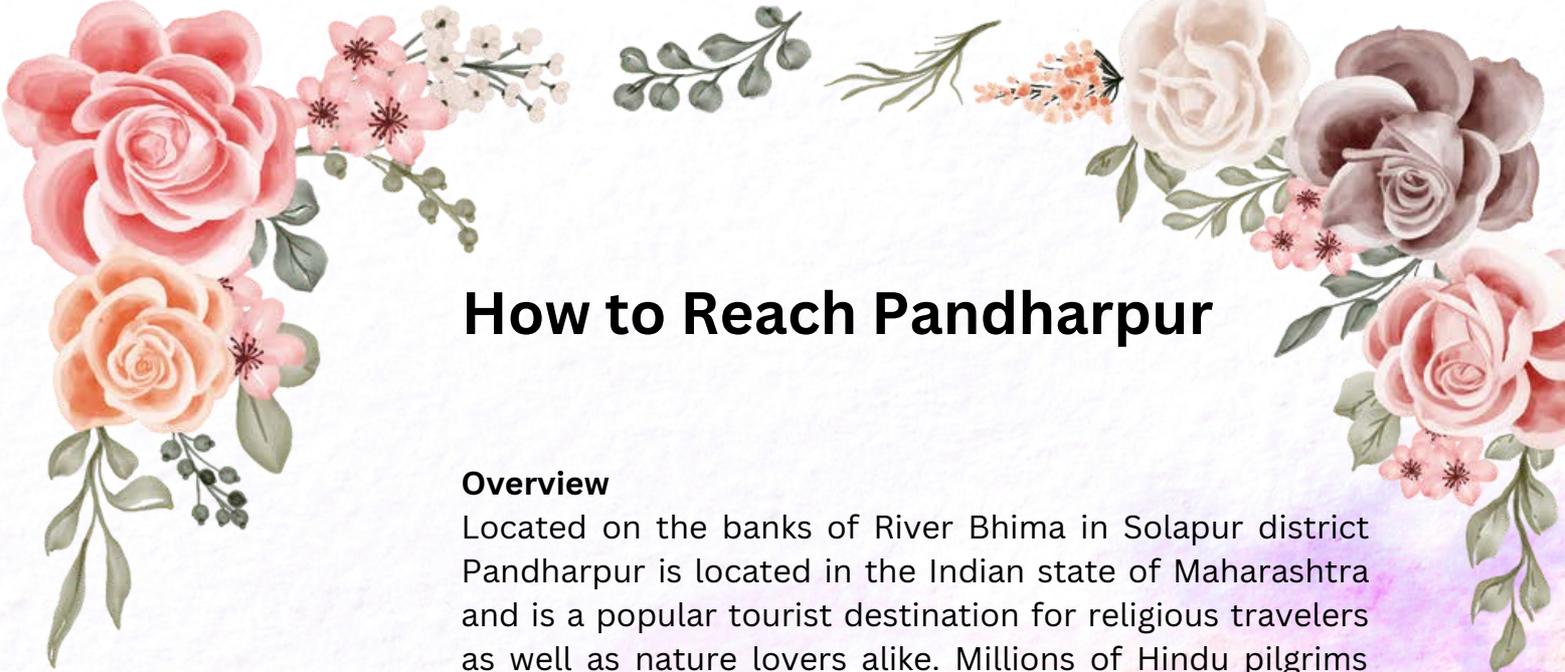
SHRI MATAJI SAHAJYOG C



10886080@cbin

- 1st Nov charges will be 400 INR including Tea / dinner.
- The Contribution amount towards cost of stay and meals
- Transport charges are on actual basis
- All non-staying yogi need to pay the staying charges.
- Puja smarpan for only 5 Nov is 400 INR





# How to Reach Pandharpur

## Overview

Located on the banks of River Bhima in Solapur district Pandharpur is located in the Indian state of Maharashtra and is a popular tourist destination for religious travelers as well as nature lovers alike. Millions of Hindu pilgrims visit Vithoba temple in Pandharpur every year. Pandharpur is also known as Chandrabhaga due to its half moon like shape

## How to reach Pandharpur by Air

The nearest airport to Pandharpur is located in Pune, which is almost 204 km in distance away from the city. There are numbers of taxi and buses are available outside the railway station



## How to reach Pandharpur by Rail

Kurdwadi railway station which is 50 km from pandharpur connects the whole of India to reach pandharpur. Kurdwadi is connected to Pandharpur by road and rail. Pandharpur railway station is very small. There is a direct train from Pandharpur to Shirdi weekly 3 times. These include passenger, express, mail, trains. Pandharpur is directly connected to Mumbai by train weekly 3 days.

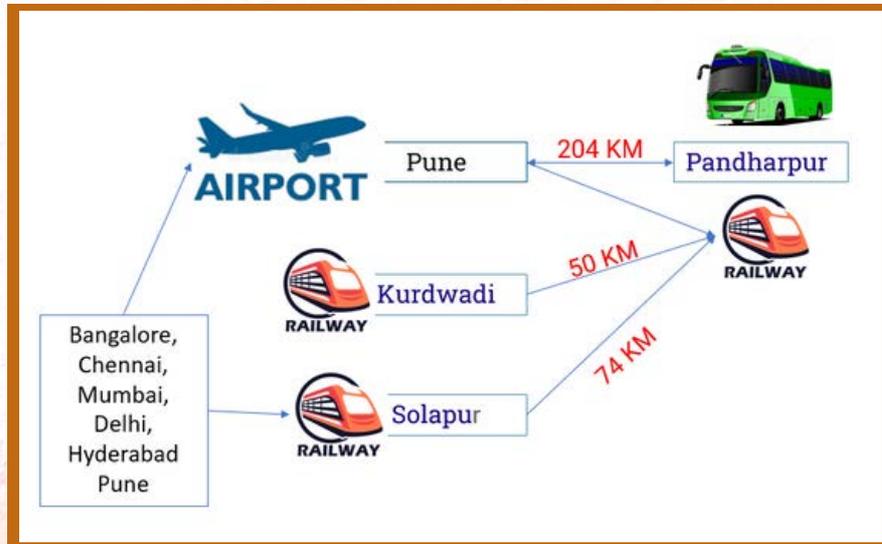


## How to reach Pandharpur by Road

Pandharpur is well connected with major cities in Maharashtra by road and state transport corporation buses are regularly available. Pune is at a distance of around 204km while Mumbai at distance of 386km. Bijapur (100km) and Solapur (74km) are close to Pandharpur and direct transport from these cities to Pandharpur is also available



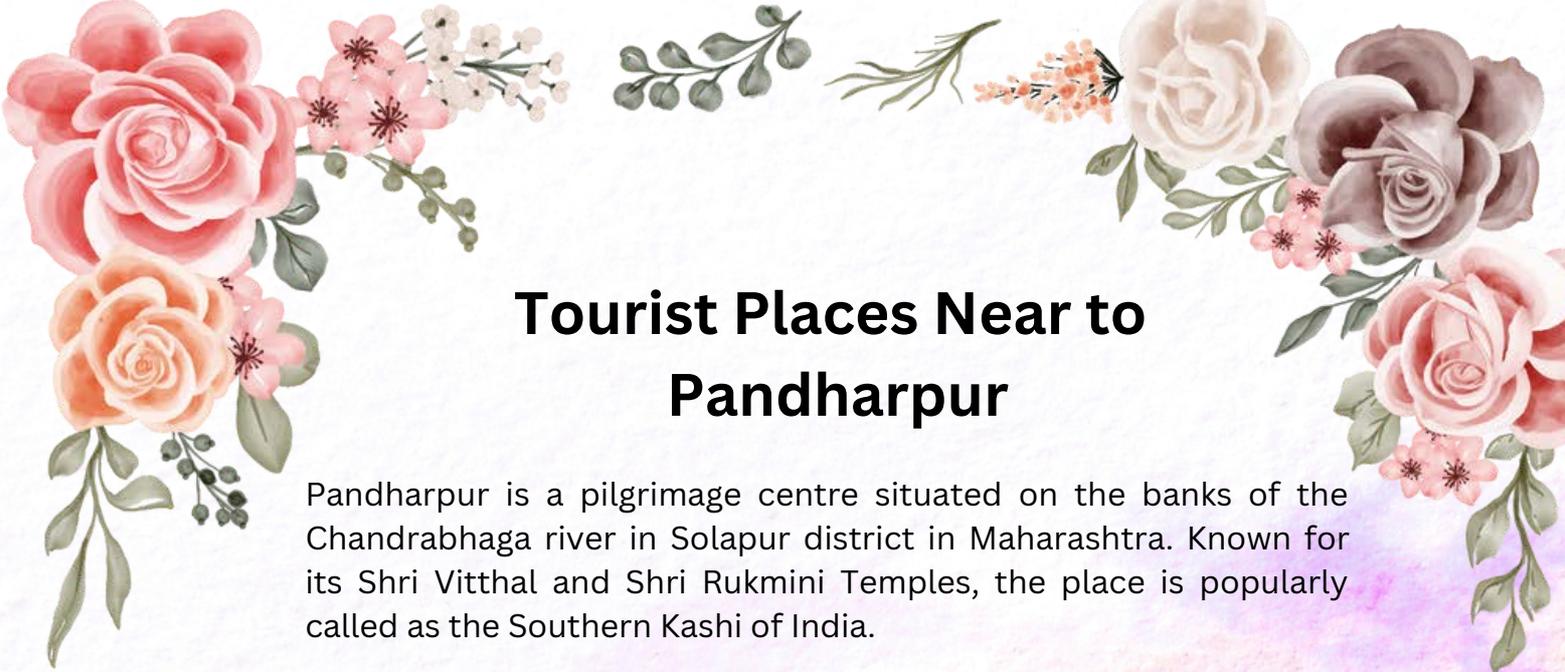
# How to Reach Pandharpur



## Distance from Major Cities to Pandharpur

- Solapur to Pandharpur Distance – 73 KM
- Tuljapur to Pandharpur Distance – 113 KM
- Sangli to Pandharpur Distance – 134 KM
- Osmanabad to Pandharpur Distance – 143 KM
- Satara to Pandharpur Distance – 147 KM
- Kolhapur to Pandharpur Distance – 180 KM
- Ahmednagar to Pandharpur Distance – 188 KM
- Latur to Pandharpur Distance – 190 KM
- Pune to Pandharpur Distance – 210 KM
- Shirdi to Pandharpur Distance – 273 KM
- Mumbai to Pandharpur Distance – 356 KM





## Tourist Places Near to Pandharpur

Pandharpur is a pilgrimage centre situated on the banks of the Chandrabhaga river in Solapur district in Maharashtra. Known for its Shri Vitthal and Shri Rukmini Temples, the place is popularly called as the Southern Kashi of India.

The town of Pandharpur is considered to be the spiritual capital of Maharashtra and revered as the 'Supreme God of the Universe.' The square shaped Vitthal temple is a five-story building with the idol of Lord Shiva in the portico. The temple of Rukmini, the consort of Vitthala is just behind the main temple. Believed to be established in the 13th century, the temple chiefly celebrates Ashadha Ekadashi and Kartika Ekadeshi among other major festivities. The Chandrabhaga river, named after its crescent moon shape, enhances the beauty of the place.

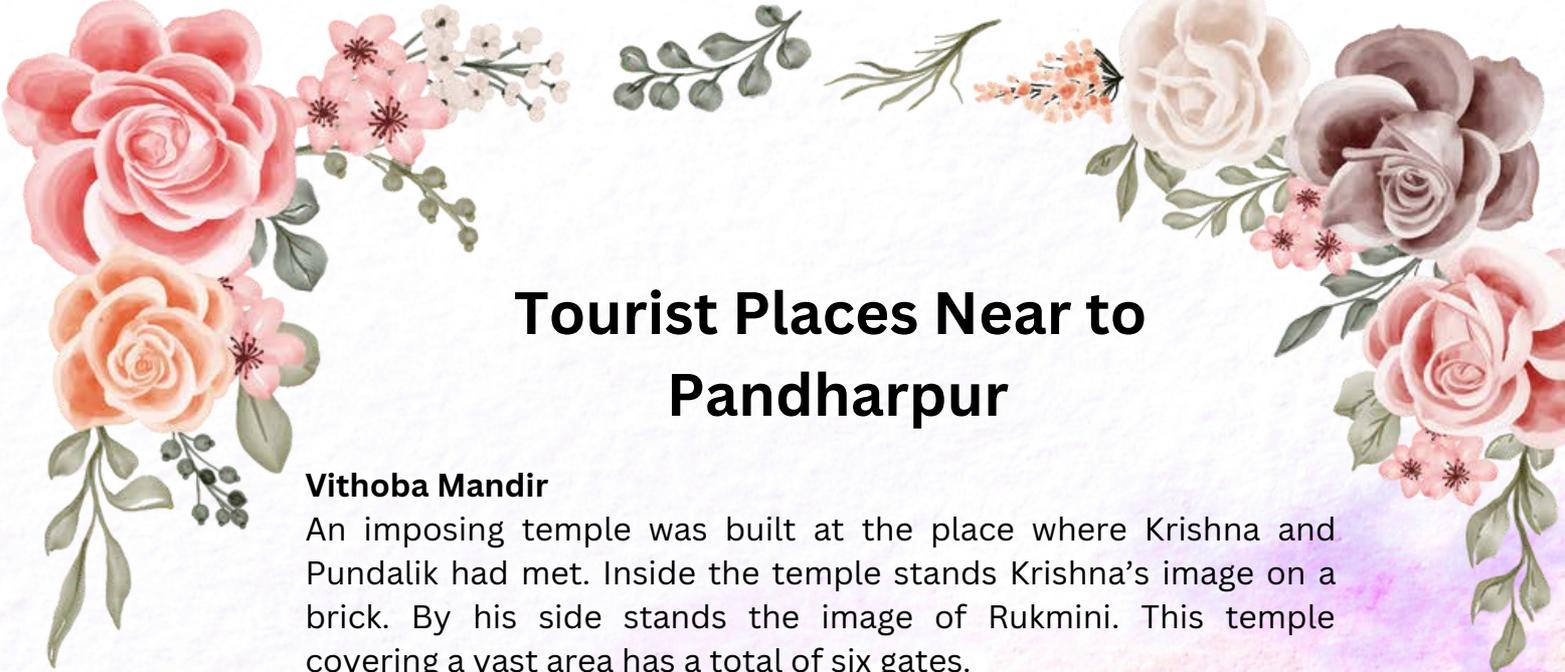


### Namdev Payari

The first step of the Vithoba temple is named after Saint Namdev. He urged Lord Pandurang that he wanted a place where he could touch the dust of the feet of all devotees visiting Lord Pandurang in the temple of the Pandharpur. After expressing this wish he looked at the floor and the place itself got divided. Lord Pandurang said to Saint Namdev that this place is gifted to him where his wish of touching the dust of all devotees of the Lord can be fulfilled forever. Then Saint Namdev jumped into the crater. His family members and followers also followed the same. The divided place got closed again as it was after this incident.

This incident happened in Shake 1238 ashadh vadya trayodashi (Marathi calendar). Saint Namdev along with his 14 family members also jumped into the Samadhi place.





## Tourist Places Near to Pandharpur

### Vithoba Mandir

An imposing temple was built at the place where Krishna and Pundalik had met. Inside the temple stands Krishna's image on a brick. By his side stands the image of Rukmini. This temple covering a vast area has a total of six gates.



Lofty walls and colossal towers are the landmark signs of this lovely shrine. Situated on a high platform the temple stands 350 feet east-west houses and 170 feet northwest. The entry to the temple is through the Namdev gate which is characterized by a plight of 12 steps. The temple holds the statue of Namdev who is figured with his tambourine.

The Pandharpur Vitthal Temple has a Mandap in the beginning consisting of a Nagarkhana where various musical instruments are placed. Two Deepmalas can be seen in the west that is lit during festive occasions. The Chowk is lined on both sides with rooms for resident devotees. The Mandap also has shrines dedicated to Garuda and Hanuman. The chowk leads to the Solakhambi Mandap meaning a Mandap with sixteen pillars. The beautiful chamber is engraved with Krishna Lilas and the Avatars of Lord Vishnu. The entrance to the shrine is through a silver door named as the Rupyacha Darwaja.

The idol of the deity Vitthala or Vithoba is made of black stone three and a half feet tall. The idol has a Shivalinga on his head and the Kaustubha Mani around the neck. The idol is placed in front of a Prabhal, a silver plate in the sanctum.



# Tourist Places Near to Pandharpur

## Pundalik Temple

Pundalik Temple is one of the famous tourist attractions in Pandharpur. This beautiful tourist destination is located on the majestic banks of River Chandra Bagha. The Pundalik Temple is devoted to the lord Vitthal. This main shrine is a five-story building which has a pagoda spire.



Pundalik or Pundarik is a central figure in the legends of the Hindu God Vithoba, generally considered a Vaishnava deity identified with the deities Vishnu and Krishna. He is credited to have brought Vithoba to Pandharpur, where Vithoba's central shrine stands today. Pundalik is also perceived to be the historical founder of the Varkari sect, which is centered on the worship of Lord Vithoba.

Pundalik was one of the earliest Kundalini Yoga practitioners. As He was the master of Kundalini Yoga, people used to call him "Kundalik". Later, after several years, Kundalik become Pundalik. He symbolised Kundalini energy in the form of Lord Vitthal also known as Lord Pandurang after his name Pundalik.

Pandharpur's Vitthal was an incarnation of Lord Vishnu or Lord Krishna. According to legends it also depicts the symbol of the Kundalini Energy, although spiritually, the same energy dwells in all.

The brick on which Lord Vitthal is standing is the basic chakra of Kundalini energy known as Muladhara Chakra. Both hands, like bows, represents Ida and Pingla nadis which cross over at the central body of Sushumna or Brahma nadi. Body represents purusha means Vishnu or Krishna and the tilaka or the mark on the head represents Ajna Chakra or third-eye chakra is the subtle center of energy, believed to be located between the eyebrows, located behind it along the subtle (non-physical) spinal column, as said by Lord Krishna in Bhagavad Gita. ( source <https://en.wikipedia.org/wiki/Pundalik>)



# Tourist Places Near to Pandharpur

## Vishnupad Temple

At the centre of the Chandrabhaga River, this beautiful temple is situated. The temple is completely made up of stones and supported by 16 strong pillars. The main attraction in the temple to the visitors is the footprints of the Lord Krishna. Since in the rainy season, this temple remains under water; summer and winters are the ideal times to visit the Vishnupad temple.



When Shri Krishna came to Gopalpura along with his cattle then the footprints of those cattle were printed on stones and this place is called Vishnupad. There is a temple of Devarshi Narad exactly in front of this place. In the month of Margashirsh there is rush of devotees at this place during entire month. It is believed that Shri Krishna came there in that month and stayed there that is the reason devotees visit that place. Pooja and Abhishek are performed here in this month particularly.

## Gopalpur

One and half kilometer away and towards the southeast of the Pandharpur there is a Shri Krishna temple this place is called Gopalpura. The temple is the top of the hill which is called Gopalpura Parvat (hill). This parvat is widely believed as the Govardhan parvat.



According to Skandh Purana Shri Krishna started his journey of Pandharpur then Govardhan also started following him. Scaring that Lord Shri Krishna would scold him he hid himself and stopped and stayed in Gopalpura village where both river Chandrabhaga and river Pushavati meets.

Here is symbolic place of curd grinding by Yashoda. The temple of Laxminarayan is towards the east. There is stone staircase to the temple. There are small rooms in the temple and three doors. Main door is huge and attractive.

In the middle of gabhara of the temple there is beautiful small idol of the Lord Shri Krishna in which the Shri Krishna is shown as playing flute. There are groups of gaulani (lady devotees of Shri Krishna) on the both side of the Shri Krishna idol and also shown a cow with her calf.



# Train Time Table

Trains to reach Pandharpur					
Train Number	Train Name	Source	Destination	Running Day	Reach Pandharpur via
11027	DR PVR EXPRESS	Dadar	Pandharpur	Sun Mon Fri	Direct
11403	Nagpur SCSMT Kolhapur Exp	Nagpur	Pandharpur	Tue Sat	Direct
11046	Dikshabhumi Exp	Gaya	Pandharpur	Mon	Direct
16541	Yeswantpur Pandharpur Exp	Yeshwantpur	Pandharpur	Thu	Direct
22155	Kalaburgi SCSMT Kolhapur Exp	Kalaburgi	Pandharpur	Daily	Direct
22156	SCSMT Kolhapur Kalaburgi	Kolhapur	Pandharpur	Daily	Direct
01413	Nizamabad Pandharpur Exp	Nizamabad	Pandharpur	Daily	Direct
11411	Parli Vajinath - Miraj Demu Express 11411 Train	Parli Vajinath	Pandharpur	Daily	Direct
11412	Miraj - Parli Vajinath Demu Express	Miraj	Pandharpur	Daily	Direct

Trains to reach Pandharpur					
Train Number	Train Name	Source	Destination	Running Day	Reach Pandharpur via
11301	Udyan Express	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
22159	CSMT - MGR Chennai	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
22732	CSMT - Hyderabad SF	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
17613	Panvel NED Exp	Panvel	Kurduwadi	Daily	60 km by road, bus or other train
22225	Mumbai CSMT - Solapur Exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
16331	Trivandrum Exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
22107	Mumbai Latur Exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
11139	Mumbai Gadag Exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
12701	Hussainsagar SF exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
11013	Mumbai LTT Coimbatore Exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
22115	Mumbai LTT Karmali Exp	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
22157	Mumbai CSMT - Chennai	Mumbai	Kurduwadi	Daily	60 km by road, bus or other train
20658	Hazrat Nizamuddin - SSS Hubballi Exp	Delhi	Kurduwadi	Sun	60 km by road, bus or other train
12628	Karnataka Exp	Delhi	Kurduwadi	Daily	60 km by road, bus or other train

Trains to reach Pandharpur					
Train Number	Train Name	Source	Destination	Running Day	Reach Pandharpur via
12630	Hazrat Nizamuddin - Yesvantpur	Delhi	Pune	Wed Fri	Train to Kurduwadi, bus/train to Pandharpur
11078	Jhelum Exp	Delhi	Pune	Daily	Train to Kurduwadi, bus/train to Pandharpur
12780	Goa Exp	Delhi	Pune	Daily	Train to Kurduwadi, bus/train to Pandharpur
12494	Darshan Exp	Delhi	Pune	Fri	Train to Kurduwadi, bus/train to Pandharpur

Trains to reach Pandharpur					
Train Number	Train Name	Source	Destination	Running Day	Reach Pandharpur via
22160	MAS CSMT EXP	Chennai	Solapur	Daily	75 km by road/bus
09420	TIRUCHCHIRAPPALLI - AHMEDABAD	TPJ	Solapur	Sun	75 km by road/bus
12164	Chennai Central - LTT Mumbai	Chennai	Solapur	Daily	75 km by road/bus
16352	Nagercoil - Mumbai CSMT	Nagercoil	Solapur	Tue Sun	75 km by road/bus
11020	Konark Exp	Hyderabad	Solapur	Daily	75 km by road/bus
18519	Visakhapatnam- LTT Express	Hyderabad	Solapur	Daily	75 km by road/bus
12026	Secunderabad - Pune Shatabdi Express	Hyderabad	Solapur	Daily (No Tue)	75 km by road/bus
12702	HUSSAINSAGAR EX	Hyderabad	Solapur	Daily	75 km by road/bus
22718	RAJKOT SF EXP	Hyderabad	Solapur	Daily	75 km by road/bus
17221	COA LTT EXPRESS	Hyderabad	Solapur	Wed Sat	75 km by road/bus
17030	HYB BJP EXP	Hyderabad	Solapur	Daily	75 km by road/bus
22731	Hyderabad-Mumbai Superfast Express	Hyderabad	Solapur	Daily	75 km by road/bus
11014	Coimbatore - Lokmanya Tilak Terminus Express	Bengaluru	Solapur	Daily	75 km by road/bus
17307	Mysuru - Bagalkot - Mysuru Basava Daily Express	Bengaluru	Solapur	Daily	75 km by road/bus
16535	Mysuru - Solapur Golgubmaz Daily Express	Bengaluru	Solapur	Daily	75 km by road/bus
12627	KSR Bengaluru - New Delhi Karnataka Daily Superfast Express	Bengaluru	Solapur	Daily	75 km by road/bus
16332	Thiruvananthapuram Central - Mumbai CSMT Weekly Express	Bengaluru	Solapur	Sat	75 km by road/bus
11302	Bengaluru - Chhatrapati Shivaji Maharaj Terminus Udyan Daily Express	Bengaluru	Solapur	Daily	75 km by road/bus
11312	Hassan - Solapur Express	Bengaluru	Solapur	Daily	75 km by road/bus